

# WINTER ADULT READING MONTHS 2016

## How It Works

- Do the activities of your choosing. One row = one raffle entry.
  - Reviews can be submitted on our website or at the library
  - Raffle prizes include a Kindle Fire, fitness passes, and coupons for the Friends of the Library bookstore.
- All raffle entries are due March 21, 2016.**

Walk or bike somewhere instead of driving	Drink at least eight 8 oz. glasses of water a day	Try out a coloring book for adults	Read an article on a health topic	Read a book by an author you've never read before
Write a review of a book	Read a book from a genre new to you	Spend time outside doing something active	Work on a jigsaw, math, or word puzzle	Attend a community event
Read a book published before 1900	Attend a library event	<b>FREE SPACE</b>	Reach out to someone you haven't talked to in a while	Read a book set in a place you live or have lived
Listen to an audiobook while you exercise	Read a book about meditation or relaxation	Attend a yoga class at Parks and Rec (First class is free to new students)	Attend a library event	Try a healthy new recipe or adapt an old recipe with healthy choices
Try a new exercise or physical activity	Go without eating fast food for a week	Read a book by an author who shares your first name	Read a book recommended by a friend	Write a review of a book

## EVENTS

### COLOR ME HAPPY: COLORING FOR ADULTS

Monday, February 1, 2016 6-8pm  
Saturday, February 13, 2016 2-4pm  
Monday, February 22, 2016 6-8pm

### ADVENTURES IN ENTOMOPHAGY: WAITER, THERE'S NO FLY IN MY SOUP!

David George Gordon, Insect Chef  
Tuesday, February 23, 2016 6:30pm

### MEDITATION FOR BEGINNERS

Sarah Louisignau, Meditation Teacher  
Monday, February 29, 2016 6:30pm

### RIPE FOR THE TELLING: SURPRISING STORIES OF WASHINGTON FRUIT

Julia Harrison, Anthropologist  
Monday, March 7, 2016 6:30pm

**EXERCISE**  
*your mind.*  
**READ!**